



Delaware Emergency Management Agency

Course Description

COURSE CODE/TITLE	Feeding your Flame: Addressing Signs of Burnout and Prioritizing Educator Mental Health & Wellness		\$0.00
COURSE LOCATION	Virtual		
COURSE DATES	April 5, 2022	COURSE TIME	1pm-2:30pm
COURSE DESCRIPTION	<p>This interactive workshop-style session, presented by the National Alliance on Mental Illness (NAMI) Delaware, will address signs of educator burnout and will help individuals learn how to prioritize educator mental health and wellness.</p>		
COURSE OBJECTIVES	<ul style="list-style-type: none"> • Discuss emerging research on the impact of COVID on educator wellbeing • Understand burnout and its connection with mental health • Open discussions about self-care and how self-compassion impacts overall wellness • Identify warning signs and strategies for early intervention with national and local resources, including no-cost services and programs from National Alliance on Mental Illness (NAMI) Delaware 		
PREREQUISITES	NONE		
TARGET AUDIENCE	Delaware K-12 school staff, teachers, and administrators.		
OPEN TO THE PUBLIC	No. Delaware K-12 Schools <u>only</u> (K-12 school email MUST BE USED to register)		
COST/MEALS	<p>The training and course materials are provided at no cost to Delaware K-12 institutions. Funding for travel, accommodations, and meals are not provided for this training opportunity.</p>		

All classes have limited seats. Registrations will be processed on a first come/first served basis. If you have any questions please e-mail training.dema@delaware.gov